Chicken Salad

Chicken salad is a common summer dish, and in the gluten community, it is eaten on bread or crackers. It becomes a dish the gluten free household may avoid. It doesn't have to be. Chicken salad can be just as good on gluten free crackers, or even as a scoop beside pickles, chips, and typical summer fare. Other options include gluten free wraps, or using a plain pizza crust as a base. Chicken salad can be made with or without onions and pickles. Boil the eggs the night before.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken
Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Chicken
Eggs
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 1 cup of chopped chicken,
- 4 boiled eggs.

Vegetables:
- 1/4 cup chopped onion
  - Optional:
    - 6 ounces of peas

Other ingredients:
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- Dash of salt
- Spices, such as pepper, to taste
- (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 1 cup of chicken
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles

Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.